

WHAT SHALL WE EAT

To Keep Healthy and Strong.

A healthy appetite and common sense are excellent guides to follow in matters of diet, and a mixed diet of grains, fruits and meats is undoubtedly the best, in spite of the claims made by vegetarians and food cranks generally. As compared with grains and vegetables, meat furnishes the most nutriment in a highly concentrated form and is digested and assimilated more quickly than vegetables or grains.

Dr. Julius H. Thompson on this subject says: Nervous persons, people run down in health and of low vitality should eat plenty of meat. If the digestion is too feeble at first it may be easily strengthened by the regular use of Stuart's Tablets after each meal. Two of these excellent tablets taken after dinner will digest several thousand grains of meat, eggs or other animal food in three or four hours, while the malt diastase also contained in Stuart's Tablets cause the perfect digestion of starchy foods, like potatoes, bread, etc., and no matter how weak the stomach may be, no trouble will be experienced if a regular practice is made of using Stuart's Dyspepsia Tablets because they supply the pepsin and diastase so necessary to perfect digestion, and any form of indigestion and stomach trouble except cancer of the stomach will be overcome by their daily use.

That large class of people who come under the head of nervous dyspepsia should eat plenty of meat and insure its complete digestion by the systematic use of a safe, harmless digestive medicine like Stuart's Dyspepsia Tablets composed of the natural digestive principles, pepsins and diastase, which actually perform the work of digestion and give the abused stomach a chance to rest and to furnish the body and brain with the necessary nutriment. Cheap cathartic medicines masquerading under the name of dyspepsia cures are useless for relief or cure of indigestion because they have absolutely no effect upon the actual digestion of food.

Dyspepsia in all its forms is simply a failure of the stomach to digest food and the surest way to solve the riddle daily use at meal time of a safe preparation which is endorsed by the medical profession and known to contain active digestive principles, and all this can truly be said of Stuart's Dyspepsia Tablets.

All druggists throughout the United States, Canada and Great Britain sell them at the uniform price of fifty cents for full treatment.

great interest in the matter induced him to come here a year ago and visit the ranges personally. He afterwards sent in many new varieties of seeds. In the spring of 1897 I was requested by the traffic manager to lease a tract of land at Tellico, a point on one of our highest ranges, and make a test of grasses there. I had the sage brush cut off and a field of two acres plowed, fenced, and sowed to Bromus inermis, tall meadow oat grass, smooth bunch grass, and English wheat grass. The result will be illustrated by pictures of the grasses and a description of the same.

SIX MORE STATIONS.

During the spring of 1900, six additional grass stations were established by the company, covering, as you know think, all the kinds of soil and climate found on the eastern Oregon ranges.

As the result of the work done, we think the experiments so far show that there are five native dwarf grasses and two alfalfa that will grow on the ranges without irrigation. Because of an act of Congress requiring all experiments in grasses and grains to be made at the experimental stations of the United States, the experimental plant at Walla Walla was returned to the company, and that plant will be increased to thirty acres, and the experiments thereon will be continued by the traffic department of the Oregon Railroad and Navigation company.

In addition to the stations already established, the company has secured an area of range land of low value, such as is found in the Pacific West in places, and will commence next month to move the sage brush and put in the company's newly evolved variety of alfalfa, Turkestan alfalfa, bunch grass and blue grama grass, sowing the same in the same manner as any range man may do, and thereby hope to fully and practically prove all that the company set out to do, i. e., to find grasses that will re-stock the ranges so that two acres if properly grassed will keep one steer.

I will say in conclusion that the experimental farm or any of the stations of the O. R. & N. company are open for inspection, and it would be pleased to have anyone interested in the matter for themselves the results of its work.

HANNAH HALVERSEN DIES.

Estimable Young Lady Succumbs to Consumption.

Miss Hannah Halversen, died at her home in this city on January 16th, after a brave but hopeless struggle with consumption. She had been unable to engage actively in anything for about two years, and about all that was left for her to do was to wait patiently for the final summons, which she did without a tremor. She was born in Namsos, Norway, on April 17, 1864, and came to Utah about sixteen years ago. She was a member of the Tabernacle choir, which she joined when she was very popular and when she had to retire on account of the fall disease that was upon her, her fellow-singers felt her loss keenly. She was possessed of a sweet musical voice and was well known not only in this city but in Logan and Ogden. She is survived by a mother, two sisters and a brother. The funeral will be held from the thirteenth ward meeting house Sunday at 12 o'clock, noon.

WITH THE JUSTICES.

Yesterday F. Napoleon De Brichy swore to a complaint in Justice Dana Smith's court, charging George Turpin with the offense of cruelty to animals. It is alleged by Mr. F. Napoleon De Brichy that Turpin has in his possession one bay horse known as "Prince," which he (Turpin) has failed to furnish with the necessary sustenance. The warrant has not been served yet.

Yesterday afternoon Justice of the Peace Peter Lochrie issued a warrant for the arrest of Hyrum H. Peterson of Draper, on the charge of selling intoxicating liquor without a license. The complaint specifies that on the first day of January the accused sold to Samuel Day two drinks for 10 cents. Peterson had not been arrested at a late hour today.

As it was thought that the department of agriculture at Washington would be able to rehabilitate the ranges. Owing to the work demanded of him, the commission, secretary of agriculture, Hon. James Wilson, has been ordered to the valuable department of agriculture, and those who are interested in every way possible to meet the requirements necessary to re-grass the ranges, and his

THE WOOL MEN
COME NEXT.

Will Meet in the Assembly Hall
Tomorrow Morning.

FIVE HUNDRED DELEGATES.

Convention Will be Presided Over by
Vice President Bennett of Boston—
Many Topics Scheduled.

Tomorrow morning, commencing at nine o'clock, the National Wool Growers' association will hold its annual convention in the Assembly Hall. It is expected that the association will be able to dispose of its business in one day. A good program has been arranged for both the morning and afternoon sessions, and it is anticipated that upwards of 500 delegates will be in attendance. The badges for admission are now ready for delivery, and can be had at the headquarters of the citizens' committee, room 212 Progress building, on Main street. Sheepmen from all over the United States are invited to be present. The chairman of each State delegation, or some other authorized person is requested to call at the place designated above and get badges for all persons desiring to attend from their State. This will be the first convention of the sheepmen since the death of Judge William Lawrence, of Ohio, who was president of the association for a number of years.

Vice President F. B. Bennett, of Boston, will call the convention to order tomorrow. Mr. Bennett is also president of the New England Wool Growers' association.

There are many topics which will doubtless come up for discussion. The first business, however, will be the election of officers, and thus placing the organization in a better working condition. The tariff on wool, manufacture of shoddy goods, and many kindred subjects of interest to the sheepmen and their business, will receive attention.

George A. Smith will offer the morning invocation, after which Governor Wells will deliver a speech of welcome, which will be responded to by William G. Markham, of New York, followed by Vice President Bennett. E. S. Gossney of Arizona, will speak upon sheep raising in the forest reserves of the arid West, and Cornelius Hedges, of Montana, will follow on the same subject. George H. Wallace, of New Mexico, will consider substitutes for wool, and A. J. Knollin will discuss freight rates. A band will be present to entertain the proceedings by suitable music, and a question and complaint-box will be provided, which will undoubtedly develop interest.

The subject, Eastern and Western Wool Growers, will be the theme of J. W. R. Smith's address and Calvin Cowgill of Indiana, will take up the tariff for his subject. John P. Ray, of New York, in a speech, will urge that the tariff be lowered, and Thomas Wyckoff, of Michigan, will outline what he thinks is the best wool and mutton sheep. After the speeches, reports of committees, consideration of reciprocal treaties, and other miscellaneous business will be considered. The convention promises to be an interesting and important one to the sheepmen's interest.

Quality and not quantity makes De Witt's Little Early Risers such valuable little liver pills. F. C. Schramm.

EXECUTIVE COMMITTEE.

Jesse M. Smith Named from Utah—B. F. Saunders Alternate.

The new executive committee which was named last yesterday afternoon in the Live Stock convention was as follows:

Alabama—A. E. Chaffee.
Arizona—E. S. Gossney, alternate, J. B. Vickery.
Arkansas—James M. Bohart.
California—F. C. Lusk; alternate, W. M. Newhall.
Colorado—H. H. Robinson; alternate, J. G. Massey.
Georgia—J. H. Witzel.
Idaho—M. R. Gwyn.
Illinois—C. W. Baker; alternate, Richard Nash.
Indiana—Mortimer Levering; alternate, T. S. Graves.
Iowa—Passed.
Kansas—W. W. McAfee; alternate, W. A. Smith.
Kentucky—J. B. Castleman; alternate, T. B. Noll.
Louisiana—W. F. Foster.
Maine—J. J. England; alternate, H. A. Danks.
Michigan—T. L. Schurmeler; alternate, C. N. Cosgrove.
Minnesota—Harry Trower; alternate, H. C. Duncan.
Montana—Paul McCormick; alternate, P. H. Pindexter.
Nebraska—E. A. Daugherty; alternate, R. M. Allen.
Nevada—A. C. Cleveland; alternate, L. L. Bradley.
New Mexico—Solomon Luna; alternate, J. P. White.
New York—G. Howard Davidson; alternate, Col. J. F. Hobbs.
North Carolina—Frank Emery.
North Dakota—Passed.
Ohio—E. O. Bradford; alternate, H. H. Chaff.
Oklahoma—W. E. Bolton; alternate, J. R. Stinson.
Oregon—R. C. Judson; alternate, F. D. McElroy.
Pennsylvania—E. C. Hindekoper; alternate, W. R. Powell.
South Carolina—R. A. Love.
South Dakota—J. C. Buell; alternate, N. Newbanks.
Tennessee—Overton Lee.
Texas—A. P. Bush; alternate, A. G. Boyce.
Utah—Jesse M. Smith; alternate, B. F. Saunders.
Virginia—John T. Cowan.
Washington—John Cleman; alternate, A. J. Splawn.
Wyoming—Frank Kinney; alternate, Ora Haley.
Wisconsin—Tim Harding; alternate, James Martin.
West Virginia—John C. Johnson.

JACK BURNS WINS
FROM LYNOTT.

Second Threw Up the Sponge in
the Fourth Round.

SAMMY CLARK GETS ANGRY.

He Claims That Billy Jones, Lynott's
Second, Put Up the Job to
Injure Him

The sports who assembled at Clark and Lange's club rooms last evening to witness the Burns-Lynott contest, unanimously declared it to be the liveliest go, while it lasted, that has been pulled off this winter.

The battle was brought to a sudden termination after one minute and forty seconds' fighting in the fourth round, by Lynott's second throwing up the sponge.

This action on the part of the second created great surprise, and Lynott himself did not appear to comprehend the situation until referee Mike Fitzgerald stepped to the center of the ring and announced that Burns was the winner of the fight. Lynott wanted to continue, and Mr. Burns was perfectly willing to accommodate him, but the Park City lad's friends persuaded him to let the matter stand as it was for this present.

The man who threw up the sponge is Billy Jones, ex-manager for that scintillating fact, Mr. Dunlop. Sammy Clark denounced Jones and said that it was a put up job to injure the reputation of his club, and it really looks that way. Clark said that Lynott could not fight in his club under Jones' management, and Lynott said that he would have nothing more to do with Jones. There was apparently no reason why Jones should have thrown up the sponge, so far as Lynott was concerned, for he was yet strong and fresh, and his chances for holding out were exceedingly good. Probably two men were never more evenly matched than the principals who stepped into the ring last night. Each man weighed 145 pounds, and in height and reach they were about even. It was quite apparent, however, that Burns has the best heart and is able to endure more punishment than Lynott. Several times Lynott landed hard on Burns' head, but the latter merely smiled and went after his antagonist in a very earnest manner.

It is quite likely that the men will meet in about one month. Burns unhesitatingly accepted Lynott's challenge to fight for \$100 a slug.

In reference to the fight proper it can be said that it was fierce, and if any "jobbing" was done, Burns was not a party to it. Mike Fitzgerald was chosen referee. Jack Hays was timekeeper for the club. In Lynott's corner there were Jim Francis and Billy Jones. In Burns' corner, "Young Christy" and Walter Grant.

Following is the

CONTEST BY ROUNDS.

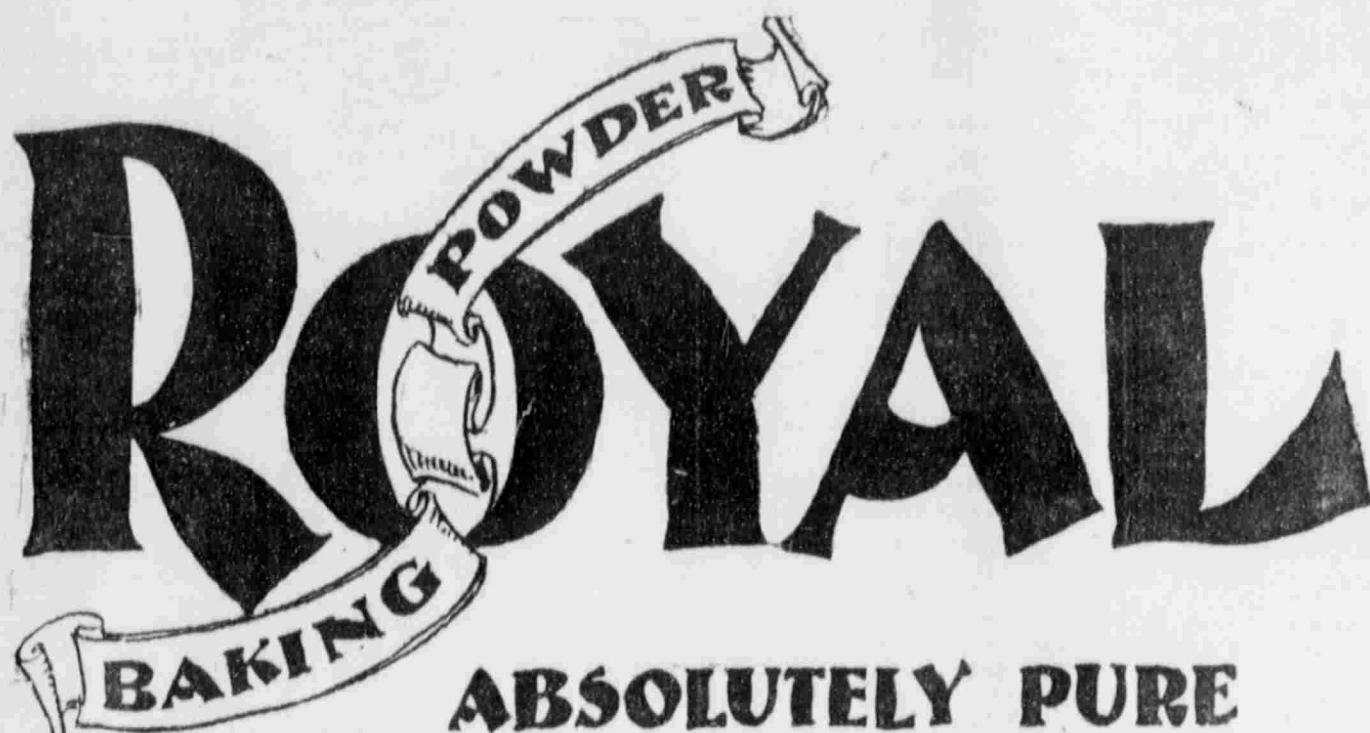
The men stepped quickly to the center of the ring and for a full minute they sparred for an opening. Lynott led with a vicious right, but Burns was not there and Billy fell to the floor. He arose quickly and again led, but missed, and Burns landed two hard left jabs on the wind. When the going sounded Lynott was breathing hard, while the New Yorker was breathing easily and was perfectly cool and collected.

THE SECOND ROUND.

Lynott comes up the aggressor and lands hard right to Lynott's wind and left to jaw. Burns forced his opponent around the ring and misses a left and right swing. Billy went to the floor to escape the blows.

ROUND THREE.

When the men came up Lynott was breathing hard. Burns leads with right and Billy landed a full left swing to jaw. Burns was not there and Billy came to the head in return. Body blows were exchanged and then Lynott sends a stiff left one to Burns' head, staggering him. Burns smiled and staggered carefully for his chance. It came, and he sent two terrific left came, and he sent two terrific left swings to Lynott's wind, making that



Royal Baking Powder never disappoints; never makes sour, soggy or husky food; never spoils good materials; never leaves lumps of alkali in the biscuit or cake; always is to be depended upon.

Royal Baking Powder is indispensable to the use of
the cook who makes the finest food.

Care must be taken to avoid baking powders made from alum. Such powders are sold cheap, because they cost but a few cents per pound. Not only will they spoil the cake, but alum is a toxic substance, which taken in food means injury to health.

ROYAL BAKING POWDER CO., 100 WILLIAM ST., NEW YORK.

gentleman double up and give vent to a very audible grunt. He got desperate and made a savage right swing, going to the floor by the force of his own blow.

THE FOURTH ROUND.

Burns came up the stronger and began the fighting by a left to the body. Billy gets in his left to body and both clinch. Lynott went to the canvass to avoid a left. Burns sent in another left, landing fairly on Billy's jaw, and he went down on his knees. He remained down for eight seconds, breathing like a furnace. Just as he arose and began sparring again Jones threw the sponge into the ring and Burns was the winner. It was the opinion of nearly every one present that Burns would have knocked Lynott out had the fight continued.

THE PRELIMINARIES.

The preliminaries were furnished by Jack Jones vs Al Summers, the Bountiful Buzzard vs Kid Sorenson and Kid Egan vs "Young Christy." The bouts were three rounds each. The last one was probably the best exhibition for a preliminary ever seen in a local ring. Egan and Christy are about the same height and reach and they mixed things in a lively manner. In the last round, however, Egan pulled off his gloves and quit.

FRANCIS VS. ROWAN.

The Colored Man Is Determined to Defeat the Mute.

In spite of the fact that Rowan, the mute, is much heavier than Jim Francis, the colored boy is determined to fight him again, and furthermore he is determined to defeat him. He thinks he can and there are many who take the same view of the matter. Jim has been active and careful training and when he meets the mute again he will be in the best condition possible. As for "Dumphy," he is ready to take on Francis at any time, or anybody else for that matter. He is willing to meet James Osborne, the heavyweight who arrived from San Francisco last Monday.

DENVER ED BACKS OUT.

Shows That He Is a Back Number in Refusing to Meet Rowan.

The Rowan-Denver Ed Smith bout which was scheduled for tonight is off. Denver Ed has refused to meet the "Dumphy" and will give no reason for his actions. As a consequence the mute feels sore and thinks that Denver Ed's former attitude to fight has turned into bluffing. After agreeing to meet Rowan, Smith in a confidential mood, told his friends what he was going to do to "Dumphy." Besides giving him a good beating he was "going to make a monkey of him." He said he would "make him talk good and plenty." Would he even say "Wax?" "That's enough" and even anxious to take a chance, but Smith has knocked under and local sports say he is afraid and is a back number.

When seen last evening, "Silent Rowan," "Dumphy's" secretary of war, said he was very sorry as "Dumphy" was anxious to show his ability against the big fellow.

BASKET BALL LEAGUE.

Organized Last Evening for Young Ladies—Schedule of Games.

A ladies' basket ball league exists. It was organized last evening. Hugh Ripeto was chosen president and E. B. Philpen secretary. It will be known as the Girls' Basket Ball League of Salt Lake, and is composed of teams from the L. D. S. college, the Webster, Hamilton and Ogden schools. Following is the schedule of games: Jan. 24—Hamilton-Ogden; Jan. 31—Webster-L. D. S.; Feb. 7—Hamilton-Webster; Feb. 14—Ogden-L. D. S.; Feb. 21—Ogden-Webster; Feb. 28—Hamilton-L. D. S.; March 7—Hamilton-Ogden; March 14—Webster-L. D. S.; March 21—Hamilton-Webster; March 28—Ogden-L. D. S.; April 13—Hamilton-L. D. S.

OUTSIDE EVENTS.

KID MCCOY VS. TOM SHARKEY.

Articles of Agreement Were Probably Signed Today.

New York, Jan. 18.—It is stated that articles of agreement for a fight between Kid McCoy and Tom Sharkey will probably be signed today and the forfeit money will be placed in the hands of Al Smith, as stakeholder.

Feb. 28 is the date and Jim Kennedy's Twentieth Century Athletic club of San Francisco is the place where they will fight.

The articles were to have been signed by McCoy and Barney Reich last night, but there were a few minor changes necessary in the ones that were offered by Kennedy and the signing was postponed. Sharkey is at West Baden, Ind., but

will go to California next week. McCoy accompanied by his wife and his manager and backer, Martin J. Walsh, of Boston, will start for San Francisco next Saturday. The date was originally set for Feb. 25, but was changed to February 28.

Manager Jim Kennedy has returned from Pittsburgh, where he secured a contract with Terry McGovern for a match before the Twentieth Century club, in San Francisco, April 30.

McGovern's opponent will be selected from among the following:

Dave Sullivan, Broad, Santry, White, Hamilton, "Tipton Slasher" and Gardner.

Here to Buy Horses.

New York, Jan. 18.—C. B. Mills, an English racing accountant, and betting commission agent for Pierre Lorillard and F. Gardiner, has arrived on the White Star liner Majestic. His mission to this country is to buy horses for the continent and a few rare Matrons from the estate of the late Marcus Daly. The horses, if purchased, will probably go to the stables of Frank Gardiner.

Chess Player Weds.

Chicago, Jan. 18.—Harry N. Pillsbury, champion chess player of America, came to Chicago from Philadelphia yesterday and registered at the Morrison hotel. He had been in town but a few hours when he reappeared at the desk and shyly penned an addition to the name on the register. The revised signature read, "Mr. and Mrs. H. N. Pillsbury." Marriage license records show that Mrs. Pillsbury was Miss Mary E. Bush, whose home was given as Philadelphia. Mr. Pillsbury came to Chicago two weeks ago to arrange the details, and when he returned yesterday all was in readiness for the ceremony.

POLO TOURNAMENT.

An International Affair to be Held Near San Francisco.

San Francisco, Jan. 18.—An international polo tournament is soon to be held in the vicinity of this city. Four of the best players of England, composing the famous Hurlingham team, are here now. On their way across the continent they bought ten polo ponies at Austin, Texas, and the mounts have been quartered at Burlingame, where they will be trained for the proposed games. The team is composed of Walter McGreevy, Lawrence McGreevy, Chas. Monger and J. H. Mackie.

In addition to these there will be a number of the crack players of the Eastern States. Foremost among them will be George Gould, who will bring a carload of ponies. Visiting polo men who are unable to bring their own mounts across the continent, will be furnished with ponies by the local polo and hunt clubs.

TOMORROW'S RECITAL.

Aside from the organ numbers at tomorrow's recital, Miss Sarah McNeil and Miss Ina Brooks of the James-Kidder company, and the popular local baritone, H. S. Goddard, will each render one solo.

The strangers within Salt Lake's hos.

pitiable gates are especially welcome. The recital is free, and will begin at 11 o'clock sharp at the Tabernacle.

The program as arranged by Prof. McCellan is as follows:

"War March of the Priests"..... Mendelssohn
"Intermezzo" from "Cavalliera Rusticana"..... Mascagni
Solo..... Selected
of the James-Kidder Co.
"The Lost Chord"..... Sullivan
"Shepherd's Chorus"..... Wely
"Ava Maria"..... Mascheroni
Miss Sarah McNeil
of the James-Kidder Co.
"Fanfare"..... Lemmens
"Angel's Chorus"..... Clark
"Hosannah"..... Granier
Mr. H. S. Goddard.
"Lost Rose of Summer"..... Moore
"Andantino" ("To My Wife")..... Lennare

Pepsin preparations often fail to relieve indigestion because they can digest only albuminous foods. There is one preparation that digests all classes of food, and that is Kodol Dyspepsia Cure. It cures the worst cases of indigestion and gives instant relief, for it digests what you eat. F. C. Schramm.

MORMON PUBLICATIONS

AND VIEWS OF THE CITY.

The latest Popular Books and Periodicals

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11 and 13 Main Street.

The merited reputation for curing piles, sores and skin diseases acquired by DeWitt's Witch Hazel Salve, has led to the making of worthless counterfeits. Be sure to get only DeWitt's Salve. F. C. Schramm.

VISITORS TO THE CONVENTION.

Will find Views, View Books and all the Mormon Church Publications at CANNON BOOK STORE, 11 and 13 Main Street.

For a Cold in the Head

Laxative Bromo-Quinine Tablets.

HERBINE should be used to enrich and purify the blood; it cures all forms of blood disorders, is especially useful in fevers, skin eruptions, boils, pimples, blackheads, scrofula, salt rheum and every form of blood impurity. It is a safe and effectual cure. Price, 50 cents. Z. C. M. I. Drug Dept.

The fragile babe and the growing child are strengthened by WHITE'S "CREAM VERMIFUGE." It destroys worms, gets digestion at work, and so rebuilds the body. Price 25 cents. Z. C. M. I. Drug Dept.

The properties of BALLARD'S SNOW LINIMENT possess a range of usefulness greater than any other remedy. A day seldom passes in every household, especially where there are children, that it is not needed. Price, 25 cents and 50 cents. Z. C. M. I. Drug Dept.

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And printing specially attended to at the Deseret News Office. Estimates promptly furnished. Rush orders a specialty.

A Frown

ON A LOVELY WOMAN'S FACE is as ugly as a daub of pitch on a beautiful picture. It's unnatural. It's distressing. That's why we want to chase it away. We can do it, too. We will merely introduce the lady to the

IMPERIAL HOT
BLAST HEATER,

And if that doesn't make her smiles ripple, she'd better consult her physician at once. That's how it strikes us.

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Sign of the Big Gun. 42, 44, 46 W. Second South.

van Houten's
Cocoa

combines Strength, Purity and Solubility. A breakfast-cupful of this delicious Cocoa costs less than one cent.

Sold at all grocery stores—order it next time.